

The object of the present invention is to obtain an information recording medium superior in recording and reproducing characteristics and excellent in environmental resistance. According to the present invention, there is provided an information recording medium comprising a substrate on which are formed at least a recording film which undergoes change in atomic arrangement upon irradiation with recording beams and a protective film comprising a dielectric, said recording film and said protective film being formed in contact with each other, wherein nitrogen content differs on both sides of the interface at which the recording film and the protective film contact and the changing amount of the nitrogen content in the direction of thickness of the films with the interface between the films being a boundary is 1-50 at.%/nm.